

## Menu for the Week of August 8<sup>th</sup>, 2022

|  | <i><b>Breakfast</b></i>  | <i><b>Lunch</b></i>   | <i><b>Snack</b></i>                        | <i><b>Dinner</b></i>  | <i><b>Dessert</b></i>                |
|--|--|---|--|---|--------------------------------------|
| <i><b>Monday, 8<sup>th</sup></b></i>     | Chocolate Peanut Butter Overnight Oats   | Zen Healthy Turkey Waldorf Salad with Apple Vinaigrette                       | Artichoke Dip with Crudites                | Lemony Shrimp with Brown Rice and Broccoli  | White Chocolate Macadamia Nut Cookie |
| <i><b>Tuesday, 9<sup>th</sup></b></i>    | Mediterranean Frittata with Fresh Fruit  | Chiang Mai Pork Burger with Grilled Pineapple, Teriyaki Sauce and Peanut Slaw | Maple Cinnamon Parfait                     | Cajun Chicken with Creole Sauce, Roasted Sweet Potatoes and Collard Greens            | Raspberry Crème Tart                 |
| <i><b>Wednesday, 10<sup>th</sup></b></i> | Strawberry Almond Crepes   | Japanese Yakitori Chicken Salad   | Fresh Melon with Cashews                   | White Fish with Roasted Ginger and Garlic Glaze with Black Rice and Asian Green Beans | Pineapple Upside-Down Cake           |
| <i><b>Thursday, 11<sup>th</sup></b></i>  | Scrambled Eggs, Bacon & Charred Tomato Sauce                                     | Steak Fajita Bowl with Pico de Gallo and Sour Cream                           | Buffalo Chicken Tenders with Ranch Dip     | Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Broccoli       | Chocolate Raspberry Panna Cotta      |
| <i><b>Friday, 12<sup>th</sup></b></i>    | Zucchini Bread with Greek Yogurt and Fresh Oranges                               | Southwestern Shrimp Salad with Lime Vinaigrette                               | Toasted Sesame Seed Hummus with Pita Chips | Apple Tamari Glazed Pork Tenderloin with Soba Noodles                                 | Coconut Short Bread Cookie           |
| <i><b>Saturday, 13<sup>th</sup></b></i>  | Healthy Baked Eggs Benedict with Turkey Bacon and Grilled Onion and Bell Peppers | Mushroom Pizza with Spinach Salad   | Paleo Indian Turkey Meatballs              | Seared Salmon with Black Rice and Cilantro-Coconut Sauce                              | Passion Fruit Jam Bar                |
| <i><b>Sunday, 14<sup>th</sup></b></i>    | Sourdough Bagel with Cream Cheese & Berry Preserve                               | Healthy Chef Salad with French Dressing                                       | Organic Edamame with Strawberries          | Chicken Marsala with Roasted Eggplant and Roasted Zucchini                            | Chocolate Mint Cupcake               |